

CROSS-TRAIN your BRAIN

"Logic will get you from A to B. Imagination will take you everywhere else."

Albert Einstein

Cross-training is more than learning a new task or skill.
It is about building muscles you don't use very often and reaping rewards of better overall stability.
What is your genre or writing lane?

HOMEWORK - read something from that genre, take a workshop, or listen to a podcast.

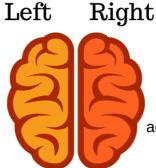
What other form of writing is your least favorite?_____

- Creativity is ______to the cross training process.
- Creativity helps ______brain by releasing dopamine in your system.

https://www.diffen.com/difference/Left_Brain_vs_Right_Brain

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deut. 31:6 logic linear strategic practical accurtate

structured



artistic creative passion impulsive adventurous intuitive